



1. How many points did you earn in week 4?

[]

2. How many points have you earned since you began SummerFit?

[]

3. Did you discuss wellness at your place of employment last week?

() Yes

() No

4. Comments

[Submit]

If you do not receive a confirmation page after clicking submit, please click [here](#).

SummerFit - Week 5

At the halfway point of SummerFit, you have begun to develop lifelong healthy habits. Continue to log your progress on your tracking sheet and aim for an increase in points each week. For added variation, try earning your physical activity points in a new way. Make another visit to your favorite farmers' market and try another fruit and vegetable. Regardless of where you are in your health journey, maintain your great effort for continuous improvement.

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- [Forwarding SummerFit e-mail to a friend](#) – 2 points
- Completing the "Weekly Bonus" – 10 points



INShape Indiana Success!

Be inspired by your fellow SummerFit participants by reading their comments below.

I've been drinking more water each day and eating more fruits and veggies. I have lost 8 pounds. It's a great start! -Bonnie, Knox County

After thirty five years of smoking two packs a day I have quit! I never thought I would say that. My life has turned 180 degrees and is headed down the "right" path. Thank you Governor Daniels! -Ken, Miami County

Before I started participating in the Governor's INShape Indiana fitness programs, both the 10 in 10 challenge and the SummerFit program, my doctor had concerns about my blood pressure and my cholesterol levels. My weight is coming down slowly but surely. I now exercise at least five days a week for at least 30 to 45 minutes per day. I drink plenty of water and I have increased my fruit and vegetable intake. I am making healthier choices about what I eat. - Vanessa, Marion County

Weekly Bonus

This week's bonus points can be earned by visiting one of Indiana's many parks or trails.

There is no better way to take care of yourself than to lead an active lifestyle, and there is no better way to lead an active lifestyle than by taking advantage of the hundreds of parks and trails located across Indiana.



Indiana has an abundance of state and local parks, and an ever growing trail system. Find a nearby park or trail by visiting the INShape Indiana clearinghouse of activities located [here](#), and simply click on your region of Indiana. Make it a family affair by packing a healthy picnic, bringing along bicycles, or your pet. **Don't forget to award yourself 10 bonus points for completing this activity.**

SummerFit Tracking Sheet

Keep track of your points with this printable tracking sheet

[Download here](#)

Do you know someone who could benefit from SummerFit?

Forward
to a Friend >

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